

UCOOK

Satay Noodle Stir Fry

with peanut butter, sesame oil, green beans & cashews

This saucy vegan dish is ready in minutes and buzzing with flavour: lime, chilli, ginger, coriander, soy sauce, and peanut butter. All interwoven with soba noodles and a stir fry of edamame beans, green beans, cabbage, and carrot.

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Runet Van Heerden

 Vegetarian

 Lanzerac Estate | Chenin Blanc

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Ingredients & Prep

15g	Cashew Nuts
30ml	Sweet Sesame-Soy <i>(20ml Low Sodium Soy Sauce, 5ml Sesame Oil & 5ml Coconut Sugar)</i>
1	Lime <i>one ½ zested & cut into wedges</i>
20ml	Peanut Butter
50g	Soba Noodles
80g	Green Beans <i>rinsed, trimmed & halved</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
10g	Fresh Ginger <i>peeled & grated</i>
75g	Edamame Beans
100g	Shredded Cabbage & Julienne Carrot
5g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. NUTTY AROMAS Place a pan or wok over a medium-high heat. When hot, toast the cashews for 3-5 minutes until golden, shifting occasionally. Remove from the pan or wok on completion and set aside. Roughly chop when cool enough to handle.

2. MIX UP THE SATAY SAUCE Boil the kettle. In a bowl, whisk together the sweet sesame-soy sauce, the juice of 2 lime wedges, and the peanut butter. Pour in 65ml of boiling water, whisk again to combine, and set aside.

3. BUCKWHEAT NOODLES Fill a pot for the noodles with boiling water, add a pinch of salt, and place over a high heat. Once bubbling rapidly, cook the noodles for 6-8 minutes until tender. Drain on completion and run under cold water to stop the cooking process. Toss through some oil to prevent sticking and set aside.

4. TIME TO STIR FRY Return the pan or wok to a medium-high heat with a drizzle of oil. When hot, sauté the halved green beans for 2-3 minutes until cooked al dente. Add the sliced chilli (to taste) and the grated ginger, and sauté for 30-60 seconds until fragrant. Stir in the satay sauce and allow to simmer for 1-2 minutes until slightly thickened. Mix in the edamame beans and ¾ of the cabbage and carrot. Cook for 1-2 minutes until the veg are heated through, tossing constantly. Add in the cooked soba noodles and gently toss for a minute until coated and reheated. Season to taste and remove from the heat on completion.

5. THE END IS NEAR... Place the remaining cabbage and carrot in a bowl with ¾ of the chopped cashews and ¾ of the chopped coriander. Toss together with some seasoning and the lime zest to taste.

6. A SAUCY DINNER! Dish up some stir-fried satay soba noodles and cover in the tangy slaw. Top it off with the remaining chopped coriander and cashew nuts. Superbly done, Chef!



Chef's Tip

We suggest using a wok for this recipe if you have one. The best thing about a wok is that it distributes heat more evenly and so requires less oil. It also ensures that food tossed during stir frying lands back in the pan and not all over the stove!

Nutritional Information

Per 100g

Energy	802kJ
Energy	192Kcal
Protein	7.1g
Carbs	19g
of which sugars	3.3g
Fibre	3.1g
Fat	9.9g
of which saturated	3.5g
Sodium	333mg

Allergens

Gluten, Sesame, Peanuts, Wheat,
Sulphites, Tree Nuts, Soy

Cook
within
4 Days